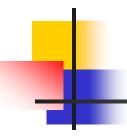
Aging in Place: Developing a Livable Community for all Ages

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Aging demographics 101

- We are an aging society
- We have to prepare better if we are to meet the challenges that come with an aging society
- We can accurately estimate how many older people there will be at any given point in time so why haven't we prepared better?



Who wants to be considered old?

Myths: Old people are:

- Poor, sick, frail, disabled, weak, demented, alone, unhappy, passive
- Unable to learn
- Unable to recover lost functioning
- Unproductive, a burden, needy
- Inadequate mentally, physically and sexually
- Doomed to their genetic makeup



Facts of an aging population

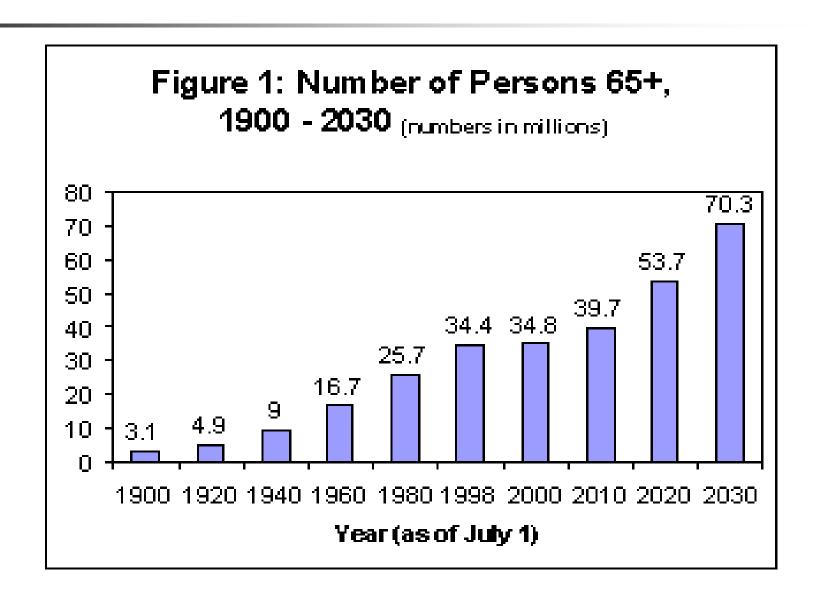
- Baby boomers (born 1946 1964) have changed every societal institution they have aged through
- It will be no different with retirement, old age and old old age
- They will demand choices and options
- Aging is a life-long process



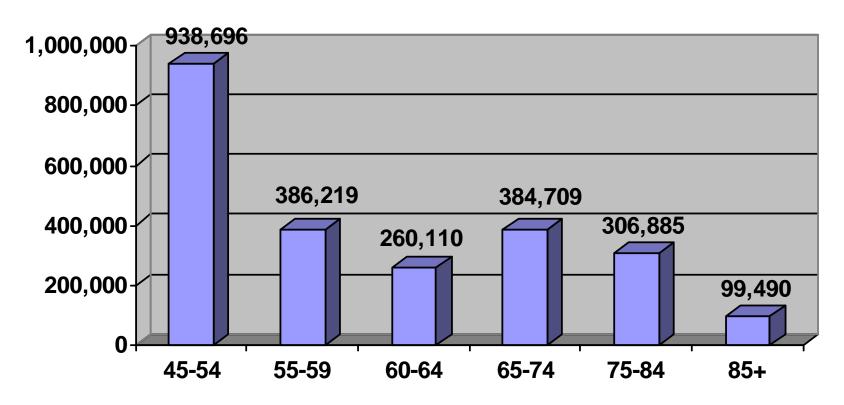
A Life Course Approach to Aging

- Older Adults are not one homogenous group
- Individual diversity increases with age
- Interventions that create supportive environments and foster healthy choices are critical at all stages of life
- Individuals can influence how they age by practicing healthier lifestyles and adapting to age-associated changes





Number of people by age category in MA 2004



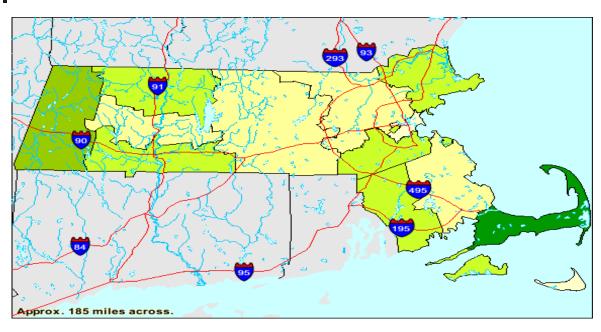
Source: U.S. Census Bureau, American Community Survey, 2004



Number of persons 65+ by Race and Hispanic Origin 2007

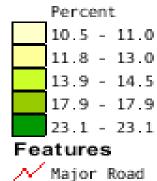
Total age 65+: 858,939 (100%)
White, non-Hispanic 783,733 (91.0%)
Black, non-Hispanic 28,120 (3.3%)
Asian, non-Hispanic 19,899 (2.3%)
Two or more races 3,471 (0.04%)
Hispanic, any race 22,264 (2.6%)

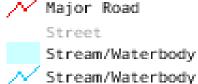
Distribution map of MA persons 65 years and over



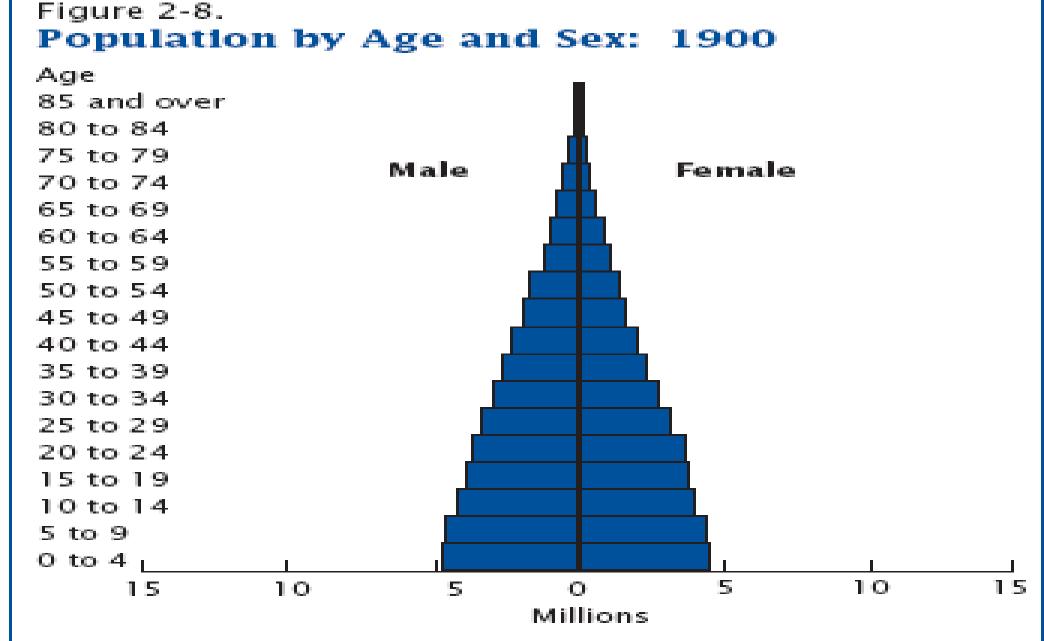
Source: U.S. Census 2000, Summary File 1

Data Classes





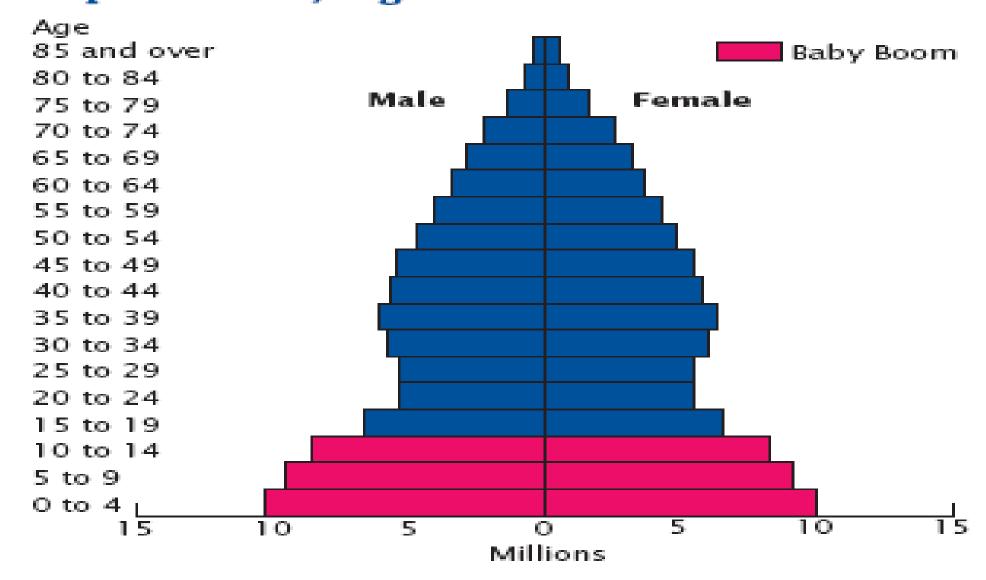
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Note: The reference population for these data is the resident population. Source: U.S. Bureau of the Census, 1913, Table 33. For full citation, see references at end of chapter.

Figure 2-10.

Population by Age and Sex: 1960

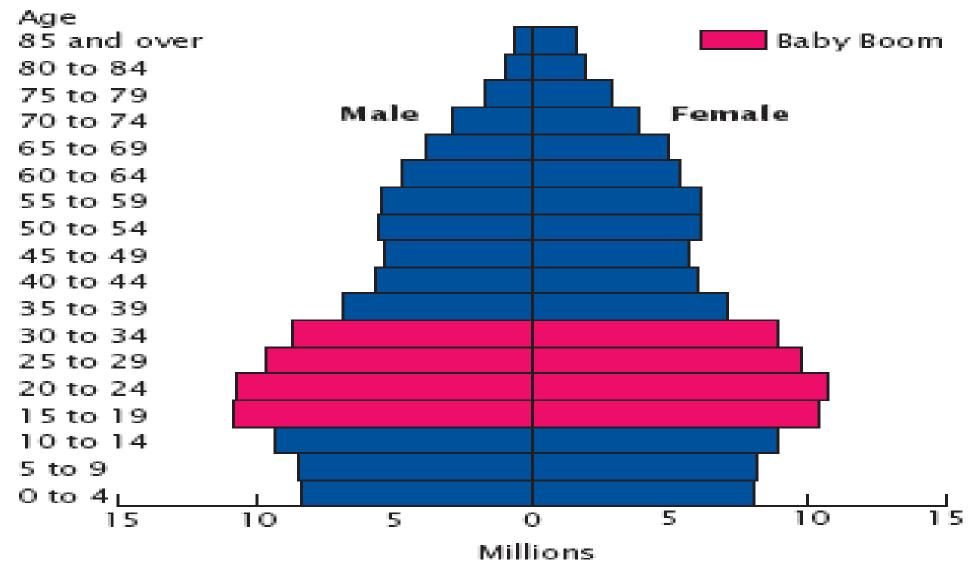


Note: The reference population for these data is the resident population.

Source: U.S. Bureau of the Census, 1964, Table 156. For full citation, see references at end of chapter.

Figure 2-11.

Population by Age and Sex: 1980

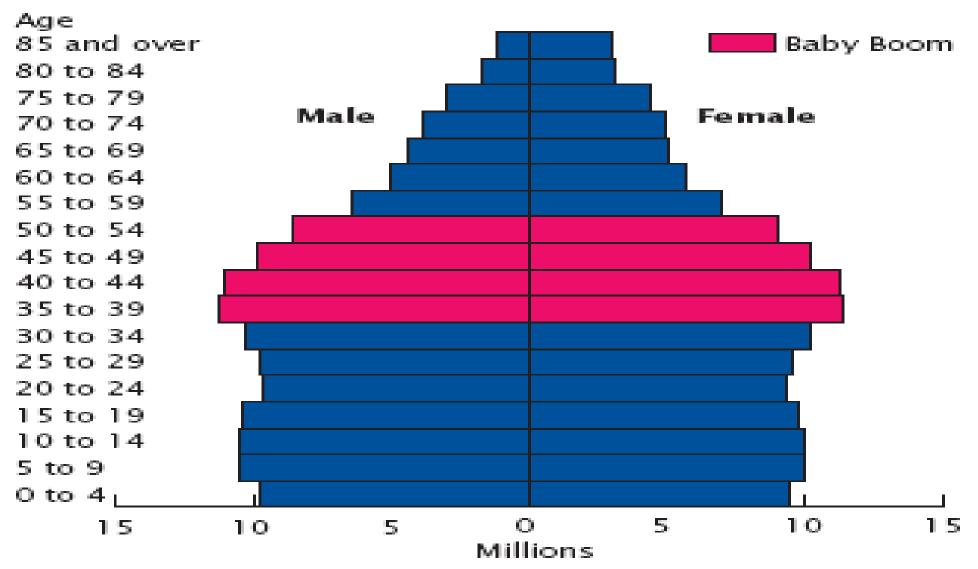


Note: The reference population for these data is the resident population.

Source: U.S. Bureau of the Census, 1983, Table 44. For full citation, see references at end of chapter.

Figure 2-12.

Population by Age and Sex: 2000

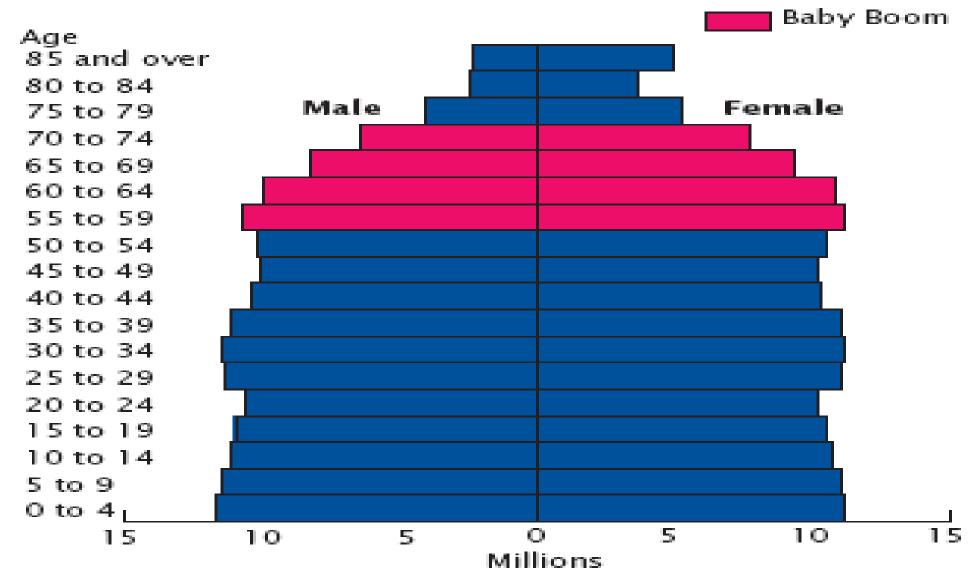


Note: The reference population for these data is the resident population.

Source: U.S. Census Bureau, 2001, Table PCT12. For full citation, see references at end of chapter.

Figure 2-13.

Population by Age and Sex: 2020



Note: The reference population for these data is the resident population.

Source: U.S. Census Bureau, 2004. For full citation, see references at end of chapter.



Life Expectancy

- For all sexes-77.9 years; 75.2 for males and 80.4 for women.
- For Whites, both sexes-78.3; for Blacks, both sexes-73.3.
- For White males-75.7; for Black males-69.
- For white females-80.8; for Black females-76.5
- Life expectancy at age 65 is: for males 81.8 (16.8 years); for females 84.9 (19.8 years).



Life Expectancy

- Life expectancy at age 85 is: for males 91 (6.0 years); for females 92.2 (7.2 years). The age group 85+ is the fastest growing age group. 4M people in US are currently 85+. By 2050, 20M people age 85+ projected
- Centenarians-rare in 1900; 32,000 in 1982; 50,454 in 2000; 58,684 in 2002; 1,149,5000 by 2050. In MA, 1/10,000 people are age 100 or older (650 people); 85% are women; 15% men

The Good News



- 99% of people under 75 years are not in nursing homes
- 80% of people over age 85 years (average age 90) are not in nursing homes
- Most Americans are free of disabilities and disability rates are decreasing; for age 65-74, 89% report no disability;75-84, 73% report no disability; even 85+, 40% of population is fully functional



What does all of this mean?

- An aging society does not mean a disabled society
- We have the ability to make our lives and communities better through active planning
- We have the tools to make communities more livable for all while making them better places to live and grow older

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